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CREATURE CREATOR

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Xmas tree alternatives for Yuletide rebels. 19

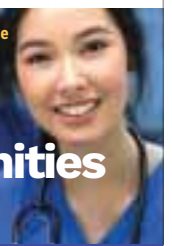
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Port Authority
bomber Akayed
Ullah hinted at his
depraved plan
before Monday's
attack, posting on
Facebook, 'Trump,
you failed to protect
your nation.' 4



Terror suspect Akayed Ullah

HANDOUT PHOTO



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NIKKI M. MASCALI, REPORTER

More details have emerged about Akayed Ullah, the would-be Times Square suicide bomber, who is now facing federal terrorism charges. To find out why his family is "outraged" by the investigation into his background, go to page 4 or visit metro.us.

ALABAMA RACE REMAINED TOO CLOSE TO CALL

IA bitter U.S. Senate race in Alabama with high stakes for President Donald Trump was too close to call on Tuesday night, with Republican Roy Moore maintaining a slight lead during the early stages of vote counting, despite allegations against the candidate of sexual misconduct toward teenagers. Moore, 70, a former Alabama Supreme Court chief justice, led former U.S. Attorney Doug

Jones, 63, by about 53 percent to 46 percent with slightly more than half the votes counted. Jones hopes to pull off an upset victory in a race in the deeply conservative Southern state that will test the political clout of Trump, who endorsed Moore. A win by Moore would strengthen Trump's grip on the Republican Party, as other Republican leaders have refused to back Moore.

LEGAL SHOWDOWN WITH FCC ON NET NEUTRALITY

2Net neutrality advocates said they are gearing up for a legal fight after abandoning attempts to convince the U.S. Federal Communications Commission to keep 2015 rules aimed at maintaining an open internet. The FCC is expected to vote on Dec. 14 to scrap the landmark so-called net neutrality rules championed by former President Barack Obama, given FCC Chairman Ajit Pai and two Republican

commissioners support the repeal. Advocates for the rules doubt the U.S. Congress will help prevent a repeal, leaving litigation as a last resort. Industry and public interest groups are considering several strategies to protect the rules banning internet service providers (ISPs) from blocking or "throttling" to slow service for certain content, including arguing that the decision is arbitrary and pushing back on the FCC's classification of ISPs.

FESTIVAL OF LIGHTS

3Rabbi Levi Shemtov, National Economic Director Gary Cohn, and Rabbi Abraham Shemtov light the Menorah during the annual National Menorah Lighting, in celebration of Hanukkah, on the Ellipse near the White House on Tuesday in Washington, D.C.



GETTY IMAGES

EL FARO IGNORED STORM REPORTS

4The freighter El Faro sank in 2015, killing all 33 people aboard, after the captain ignored reports the ship was heading directly into a strengthening hurricane, a U.S. safety board concluded on Tuesday. According to the preliminary findings of a National Transportation Safety Board (NTSB) investigation into the sinking, Captain Michael Davidson relied on outdated weather

information as he headed into the storm, an NTSB meeting was told. The NTSB panel is reviewing more than 70 findings and 50-plus recommendations stemming from the sinking of the 790-foot freighter off the Bahamas on Oct. 1, 2015, during Hurricane Joaquin. The El Faro disappeared two days after leaving Jacksonville, Florida, loaded with containers and vehicles bound for Puerto Rico.

NEW YORK TO ADAPT NEW YEAR'S EVE SECURITY

5New York police will adjust security plans for the traditional New Year's Eve celebrations attended by hundreds of thousands of revelers in Times Square after a botched suicide bombing in a subway tunnel beneath the famous district, the city's counterterrorism chief said. The New York Police Department will conduct both an immediate and an in-depth review of Monday's incident for lessons on how to deal

with this type of attack, said John Miller, deputy commissioner for intelligence and counterterrorism. "This is the first time I believe that we have seen an individual with a suicide bomb in mass transit and actually have that bomb function. So we're going to take a hard look at it," Miller told Reuters in an interview. The New Year's security plan will also consider other attacks such as the Las Vegas sniper shooting on Oct. 1.

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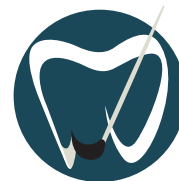
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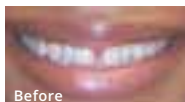
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Bomber taunted Trump on morning of failed attack

Akayed Ullah has been charged with terrorism after detonating a pipe bomb in an underground subway passageway in Times Square.

Hours before detonating a homemade pipe bomb in New York City's Port Authority, terror suspect Akayed Ullah posted on his Facebook page, "Trump you failed to protect your nation."

Ullah's passport, which was recovered from his home, had handwritten notes, including one that read, "O AMERICA, DIE IN YOUR RAGE."

The 27-year-old Brooklyn resident, who came to the U.S. in 2011 on a family immigrant visa, was charged Tuesday morning with criminal possession of a weapon, supporting an act of terrorism and making a terroristic threat, the NYPD said.

Investigators at the scene found a 9-volt battery inside Ullah's pants pocket, as well as fragments from a metal pipe and the remnants of what appeared to be a Christmas-tree light bulb attached to wires.

Ullah told investigators he built the bomb at his Brooklyn home one week before the attack, filling the pipe with metal screws to maximize damage. He chose a work day to target as many people as possible.

Ullah began viewing Islamic State propaganda online as early as 2014, including a video instructing supporters to carry out attacks in their homelands if they were unable to travel overseas. He started to research how to build an explosive a year ago.

Investigators in Bangladesh were questioning Ullah's wife, according to two officials who declined to be identified as they were not permitted to discuss the matter publicly. They did not provide details on the questioning, but said the couple has a six-month-old baby boy.

"We have found his wife and in-laws in Dhaka. We are interviewing them," one of the police officials said.

There is no evidence that Ullah was in direct contact with any militant group or any other militants, the source said.

Investigators believe at this point that he is a genuine lone wolf, radi-



Akayed Ullah, 27, said he chose to carry out the attack on a work day to target the most people. **HANDOUT**

"Trump, you failed to protect your nation."

Akayed Ullah, on Facebook

calized over the internet. It was unclear where he got the faulty bomb design.

U.S. President Donald Trump said again Tuesday that the attack emphasized the need for U.S. immigration reforms. **REUTERS**

Suspect's family 'outraged' over investigation tactics

Family members of accused terrorist Akayed Ullah say they are "outraged" over the way investigators questioned their loved ones in the wake of the Port Authority attack.

Ullah's family said in a statement through the Council on American-Islamic Relations of New York (CAIR-NY) that they are "heartbroken" by the attack and "the allegations being made against our family."

The statement also indicated that the family was "outraged by the behavior of law enforcement" during the investigation, writing that children as young as 4 were "held out in the cold, detained as their parents were questioned" and that a



NYPD investigates an address associated with Akayed Ullah in the Mill Basin section of Brooklyn. **GETTY IMAGES**

teenage boy was taken out of his high school and questioned without his lawyer or parents present.

"These are not the actions that we expect from our justice system," the statement said.

Ullah, who is being

treated at Bellevue Hospital for burns and cuts to his hands and stomach from the explosion, was expected to be arraigned later Tuesday or Wednesday.

A man named Akayed Ullah previously held a "For-Hire Vehicle" license from the New York City Taxi and Limousine Commission from 2012 to 2015, the TLC said, but not a license to work as a taxi driver.

Ullah reportedly lived in the Flatlands neighborhood of Brooklyn, and authorities were investigating a home there as well as an address in the Kensington section of the borough that is associated with the suspect.

NIKKI M. MASCALI

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This is why the mayoral election votes from the Trumps didn't count

But De Blasio won regardless.



SAM BRODSKY
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This year's mayoral election went to Democrat Bill de Blasio, as was highly anticipated. De Blasio won 65 percent of the votes, beating Republican opponent Nicole Malliotakis.

In an exclusive with New York Daily News, officials at the city's Board of Elections revealed that the Trumps botched their votes, which were all absentee ballots.

Melania failed to sign the ballot envelope, despite instructions requiring her to do so.

The instructions state the following: "After making your votes on the ballot, fold the ballot and put it in a smaller envelope. Sign and date the back of the envelope. Seal the envelope and put it in the larger envelope that is ad-



The Board of Elections revealed that the Trumps made mistakes on their absentee ballots. GETTY IMAGES

dressed to the Board of Elections. Mail or deliver your ballot to your borough Board of Elections office."

One BOE official told the Daily News that, "if any of the information is missing it is invalid," which disqualified Melania's ballot from counting.

Ivanka ended up mailing hers in too late, sending it in on Election Day, while the BOE site states it "must be postmarked by the day before Election

Day." Her husband, Jared Kushner, didn't send his ballot in, period.

This isn't the first time Ivanka botched her ballot. In the 2016 New York Republican primary, both she and Eric, formerly registered as independents, failed to change their party affiliation in time, which made them ineligible to vote for their father.

While Trump's ballot appeared to be fine, the Daily News found an error: his birthdate was in-

correct. Trump was born on June 14, 1946, but he indicated he was born in July instead. BOE officials were not clear if the mistake affected the president's vote, and Metro has reached out to seek confirmation.

It's safe to say that Trump would not have voted for De Blasio regardless of whether or not his vote was affected by his error (and with the way the election played out, the mayor still would have won).

De Blasio has been very vocal about his opposition to the president in the past. Among other things, he spoke openly about the threat the Trump administration has on NYC's status as a "sanctuary city," declaring to protect undocumented locals at risk. And just a day before the mayoral election in November, De Blasio spent nearly a third of a speech set in Midtown slamming Trump's tax plan.

Brooklyn brewer receives cease-and-desist over Beyoncé-inspired beer

A beer honoring Beyoncé that was created by a female brewer in Brooklyn was, alas, not a perfect duet, as the brewery received a cease-and-desist letter from Queen Bey's people, Pitchfork reported.

Lineup Brewing owner Katarina Martinez created Bieryoncé in the singer's honor after she missed one of the singer's concerts even though she had tickets, she told Pitchfork.

"As a Hispanic, female-run business, I am very inspired by her, so I thought I'd pay homage," she said. "We're disappointed she didn't take it as a compliment, but, oh well. It was fun while it lasted!"

According to Lineup Brewing's Facebook page, Bieryoncé was released last week and was the brewery's first canned brew.

But luckily the



"Ask and Bey shall receive," Lineup Brewing wrote on Facebook about renaming the German pilsner inspired by Beyoncé after receiving a cease and desist. FACEBOOK/LINEUP BREWING

one-time batch isn't irreplaceable, as it will now be called Katariná to honor its "badass female brewer and owner," the company wrote on Facebook Monday.

"We're still huge Beyoncé fans," it added.

NIKKI M. MASCAU



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Sen. Gillibrand calls Trump Twitter post 'sexist smear'

Six U.S. senators, including Kirsten Gillibrand, have said Trump should resign.

Sen. Kirsten Gillibrand fired back at President Donald Trump on Tuesday and said she would not be silenced after he attacked her on Twitter for calling for an investigation into accusations of sexual harassment and misconduct against him.

Trump lambasted Gillibrand on Twitter on Tuesday writing, "Lightweight Senator Kirsten Gillibrand, a total flunky for Chuck Schumer and someone who would come to my office 'begging' for campaign contributions not so long ago (and would do anything for them), is now in the ring fighting against Trump." Schumer is the Senate Democratic leader.

Gillibrand, whose name has been floated as a possible Democratic presidential candidate in 2020, said she would not back down.

"It was a sexist smear attempting to silence my voice, and I will not be silenced on this issue," she told reporters at a news conference.



Sen. Kirsten Gillibrand has called on President Trump to resign. GETTY IMAGES

Trump did not answer a reporter's question at a White House event later on Tuesday when asked what he meant by the tweet.

Other Democratic lawmakers rallied behind Gillibrand, including Sen. Elizabeth Warren, another possible 2020 presidential candidate.

In a tweet directed at Trump, Warren wrote on Tuesday, "Are you really trying to bully, intimidate and slut-shame @SenGillibrand? Do you know who you're picking a fight with? Good luck with that, @realDonaldTrump. Nevertheless,

#shepersisted."

More than a dozen women have accused Trump, a New York-based real estate developer and former reality television star, of making unwanted sexual advances against them years before he entered politics. Trump, a Republican, has denied the allegations.

Reuters has not independently verified the accusations against Trump.

Interest in accusations of sexual harassment and misconduct came to the fore again on Monday, when three women who had previously accused Trump of misconduct

called on the U.S. Congress to investigate his behavior.

On Tuesday, a fourth woman who had also previously made similar accusations backed their call for an investigation during an interview with NBC.

Nearly 60 female Democratic U.S. lawmakers called for an investigation in a letter on Monday.

By Tuesday, the group said many male colleagues had also joined on, bringing the number to more than 100 lawmakers in the U.S. House of Representatives.

Trump has called the accusations fabricated stories and he has said he did not know his accusers.

On Monday, Gillibrand called the allegations credible and called on Trump to resign over them.

The attention to sexual harassment accusations against Trump comes amid a wave of similar accusations against prominent men in Hollywood, the media and politics in recent months. Also, the issue of sexual harassment was central to Tuesday's U.S. Senate election in Alabama after accusations of misconduct were made against Republican candidate Roy Moore. REUTERS

Report: Famous New York City restaurant with female head chef had a 'rape room'

One of New York City's most prominent restaurants — and the launchpad for one of the country's biggest female chefs — has a "rape room" where guests would terrorize female staff, former employees told The New York Times in a series of shocking allegations.

The Spotted Pig in the West Village district of Manhattan has been a popular hangout since its 2004 opening, with an exclusive VIP area on the third floor where A-listers like Kim Kardashian, Gwyneth Paltrow and Jay Z would be entertained.

But to the employees, according to the Times, it was known as "the rape

room" where female servers were often openly groped.

The Times story focused on Spotted Pig owner Ken Friedman, 56, who's accused of professional and personal misconduct by 10 female former employees at not just that restaurant but also his Michelin-starred Breslin, two of five restaurants he co-owns with chef April Bloomfield in New York City.

According to the Times, he would kiss and touch female staff daily; in the public dining room, he's said to have touched servers' backsides and breasts, once holding a female server's



The Spotted Pig has been a celebrity hotspot since opening in 2004, and employees say sometimes the parties got out of control. GETTY IMAGES

head to his crotch and biting a former bar manager on the waist. One woman shared lewd text messages from Friedman demanding nude photos.

Ironically, The Spotted Pig is best known for kick-starting the career of Bloomfield, one of the

country's most prominent female chefs. Several of the former employees said they shared their complaints about Friedman with Bloomfield, who reportedly told them, "That's who he is. Get used to it. Or go work for someone else." EVA KIS



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1 bedroom		\$718	2	→	1 person	\$27,085 - \$33,400		\$880	17	→	1 person	\$32,640 - \$40,080
					2 people	\$27,085 - \$38,200					2 people	\$32,640 - \$45,840
2 bedrooms		\$872	7	→	2 people	\$32,503 - \$38,200		\$1,066	29	→	2 people	\$39,155 - \$45,840
					3 people	\$32,503 - \$42,950					3 people	\$38,155 - \$51,540
					4 people	\$32,503 - \$47,700					4 people	\$39,155 - \$57,240
3 bedrooms		\$1,004	3	→	3 people	\$37,749 - \$42,950		\$1,229	18	→	3 people	\$45,463 - \$51,540
					4 people	\$37,749 - \$47,700					4 people	\$45,463 - \$57,240
					5 people	\$37,749 - \$51,550					5 people	\$45,463 - \$61,860
					6 people	\$37,749 - \$53,350					6 people	\$45,463 - \$66,420

¹ Tenant responsible for electric • ² Household size includes everyone who will live with you, including parents and children. Subject to occupancy criteria.

³ Household earnings includes salary, hourly wages, tips, Social Security, child support, and other income. Income guidelines subject to change.

⁴ Minimum income listed may not apply to applicants with Section 8 or other qualifying rental subsidies. Asset limits also apply.

How Do You Apply?

Apply online or through mail. To apply online, please go to nyc.gov/housingconnect. To request an application **by mail, send a self-addressed envelope to: St. Augustine c/o The Wavecrest Management Team, 87-14 116th Street, Richmond Hill, NY 11418**. Only send one application per development. Do not submit duplicate applications. Do not apply online and also send in a paper application. Applicants who submit more than one application may be disqualified.

When is the Deadline?

Applications must be postmarked or submitted online no later than **February 15, 2018**. Late applications will not be considered.

What Happens After You Submit an Application?

After the deadline, applications are selected for review through a lottery process. If yours is selected and you appear to qualify, you will be invited to an interview to continue the process of determining your eligibility. Interviews are usually scheduled from 2 to 10 months after the application deadline. You will be asked to bring documents that verify your household size, identity of members of your household, and your household income.

Español Presente una solicitud en línea en nyc.gov/housingconnect. Para recibir una traducción de español de este anuncio y la solicitud impresa, envíe un sobre con la dirección a: **St. Augustine c/o The Wavecrest Management Team, 87-14 116th Street, Richmond Hill, NY 11418**. En el reverso del sobre, escriba en inglés la palabra "SPANISH." Las solicitudes se deben enviar en línea o con sello postal antes de **15 de febrero 2018**.

简体中文 访问 nyc.gov/housingconnect 在线申请。如要获取本广告及书面申请表的简体中文版，请将您的回邮信封寄送至：**St. Augustine c/o The Wavecrest Management Team, 87-14 116th Street, Richmond Hill, NY 11418**信封背面请用英语注明“CHINESE”。必须在以下日期之前在线提交申请或邮寄书面申请2018年2月15日。

Русский Чтобы подать заявление через интернет, зайдите на сайт: nyc.gov/housingconnect. Для получения данного объявления и заявления на русском языке отправьте конверт с обратным адресом по адресу **St. Augustine c/o The Wavecrest Management Team, 87-14 116th Street, Richmond Hill, NY 11418**. На задней стороне конверта напишите слово "RUSSIAN" на английском языке. Заявки должны быть поданы онлайн или отправлены по почте (согласно дате на почтовом штемпеле) не позднее **15 февраль 2018**.

한국어 nyc.gov/housingconnect 에서 온라인으로 신청하십시오. 이 광고문과 신청서에 대한 한국어 번역본을 받아보시려면 발송용 봉투를 **St. Augustine c/o The Wavecrest Management Team, 87-14 116th Street, Richmond Hill, NY 11418**으로 보내주십시오. 봉투 뒷면에 "KOREAN" 이라고 영어로 적어주십시오. 2018년2월15일까지 온라인 신청서를 제출하거나 소인이 찍힌 신청서를 보내야 합니다.

Kreyòl Ayisyien Aplike sou entènèt sou sitwèb nyc.gov/housingconnect. Pou resevwa yon tradiksyon anons sa a nan lang Kreyòl Ayisyen ak aplikasyon an sou papye, voye anvlòp ki gen adrès pou retounen li nan: **St. Augustine c/o The Wavecrest Management Team, 87-14 116th Street, Richmond Hill, NY 11418**. Nan dèyè anvlòp la, ekri mo "HATIAN CREOLE" an Anglè. Ou dwe remèt aplikasyon yo sou entènèt oswa ou dwe tenbre yo anvan dat **fevriye 15, 2018**.

العربية تقدم بطلب عن طريق الإنترنت على الموقع الإلكتروني nyc.gov/housingconnect للحصول على ترجمة باللغة العربية لهذا الإعلان ولنموذج الطلب الورقي، أرسل مظاروف يحمل اسمك وعنوانك إلى: **St. Augustine c/o The Wavecrest Management Team, 87-14 116th Street, Richmond Hill, NY 11418**. يجب إرسال نماذج الطلبات عن طريق الإنترنت أو ختمها بختم البريد قبل 15 فبراير، 2018. "ARABIC"

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Sparked by news coverage of feminist social movements, Merriam-Webster Dictionary's word of the year is "feminism." GETTY IMAGES

Merriam-Webster's word of the year is 'feminism'

Words inspire action. Action defines words.



SAM BRODSKY
@sammybrods
Samantha.Brodsky@metro.us

Me Too. Women's March. Silence breakers. This year especially has proven that words can have an immense impact on our thoughts, our actions and our spirits — and there's no denying that they defined 2017 as a

time not only for these strings of syllables, but for resilience.

Just last week, Time gave Person of the Year to the "silence breakers" who shared their stories about sexual harassment through the #MeToo campaign, which sparked a larger social movement and a domino effect of accusations against powerful men in politics and in media. And it wasn't just the Rose McGowans of the world who began to speak up. People from all walks of life — journalists, politicians, professors, housekeepers, field workers, assistants joined in on what became a global conversation about the injustices females especially face away from (and in front of) the public eye.

Seeing that this conversation has garnered national and international attention over the past 12 months, it makes sense that Merriam-Webster Dictionary's word of the year is "feminism." The online site based this on analysis of search traffic, announcing that the word showed a 70 percent increase in searches since 2016. They define "feminism" as "the theory of the political, economic, and social equality of the sexes" and "organized activity on behalf of women's rights and interests."

Other top words looked up this year were "complicit," "rescue" and "empathy."

"No one word can ever encapsulate all the news, events, or stories of a given year," explained Editor at Large for Merriam-Webster Peter Sokolowski in a statement. "But when we look back at the past 12 months and combine an analysis of words that have been looked up much more frequently than during the previous

year along with instances of intense spikes of interest because of news events, we see that one word stands out in both categories."

The dictionary's site elaborated on when "feminism" saw spikes in searches. People looked up the word in conjunction with the Women's March on Washington in January (the largest spike), then again when Counselor to the President Kellyanne Conway said in an interview that she didn't consider herself a feminist.

The word also saw an increase due to female-heavy casts and storylines of women's empowerment in entertainment. Merriam-Webster credits the Hulu series "The Handmaid's Tale" and the movie "Wonder Woman."

Then, it spiked again as, one by one, women came forward with stories of sexual assault and harassment against power figures like Harvey Weinstein, Matt Lauer, Trump (again) and a slew of others. "The string of breaking news stories regarding the resignations, firings or dismissals of men who have been charged with sexual harassment or assault has kept this story in the news," Merriam-Webster stated.

It's important to remember what feminism truly is: a fight for gender equality. Feminism is not anti-male. It is not putting the rights of one person before another.

As the final weeks of 2017 meet their dusk, it's important to remember another thing: that the right words from the right individuals can lead to collective acts of courage. Spoken, written, defined, redefined, these words can empower us all.

"The string of breaking news stories regarding the resignations, firings or dismissals of men who have been charged with sexual harassment or assault has kept this story in the news."

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Is fasting better than dieting?

The practice benefits more than your waistline.



MEAGAN MORRIS
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We might be in the throes of the holiday season, but in a couple of weeks many of us will switch from a steady diet of candy, cookies and alcohol to something a little more healthy — at least for a few weeks.

Going on a “diet” might seem like punishment for some of us, but there’s another option that’s quickly growing in popularity: fasting.

Fasting, by definition, means going without food or drink for an extended period of time — typically hours or days. It’s practiced in various religions, including during the month of Ramadan for Muslims.

However, it’s gaining more of a following outside religious circles for its health benefits. Known as intermittent fasting, it cycles around an “eating window,” or a period of time when people can eat, anywhere between two and 12 hours a day. One popular fasting diet — the 5:2 — involves eating normally for five days a week, then fasting for the other two. Some people who follow that plan eat a limit of 500 calories on their fasting days; the most hardcore go without food completely.

Mark Mattson, chief of the laboratory of neurosciences at the National In-

stitute of Aging, says that intermittent fasting requires the body to switch from using glucose in the liver as an energy source to fat cells.

“The body runs off of the liver’s energy stores for about 10 to 14 hours in humans,” Mattson told the Daily Mail. “When those stores are out, human as well as animal bodies switch to fat stores, which are converted into compounds called ketones in the blood.

“People who eat three meals a day but have an overall relatively low calorie intake — between 1,800 and 2,000 every time they eat a meal — replenish their liver energy stores,” he continued. “So they may go six hours between meals, but that’s not enough to elevate ketones.”

The science seems to back it up: A 2014 study found that intermittent fasting reduced body weight between 3 percent and 8 percent over a period of three to 24 weeks. People also lost between 5 percent and 7 percent of their waist circumference, meaning they also lost belly fat.

Intermittent fasting is also shown to help reduce inflammation, stabilize blood sugar and possibly prevent liver damage, but it’s not always effective for women.

A recent study by Mattson and his team found mice fed only every other day had improved cognitive function.

“Ketones act directly on the nerve cells to

stimulate production of BDNF,” he says. BDNF is a protein that helps neuron growth and “may help optimize cognition, learning and memory-building.”

The mice were also more alert during fasting diets — and Mattson thinks it might be a survival mechanism.

“One would assume

that in evolution, individuals whose brains did not function well in fasting state were likely not to survive,” said Mattson. “So we evolved to eat intermittently, and it’s important that the brain function well — perhaps even optimally — when we haven’t been able to eat for an extended time

period.”

Mattson admits that most humans probably wouldn’t follow this extreme type of diet, but that the 5:2 is similar. He’s studying how the 5:2 plan might be beneficial to obese people.

The fasting vs. dieting debate likely comes down to what you’ll

stick to: A restricted-calorie diet or a restricted eating period. Ultimately, both seem to boil down to the same thing: calories in vs. calories out. Intermittent fasting can help you lose weight simply because you don’t have as many hours to eat calories in during the day.

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One popular fasting diet — the 5:2 — involves eating normally for five days a week, then fasting for the other two. GETTY IMAGES

Can This Medical Technology Possibly Eliminate Or *The Advanced Medical Treatment Every Back & Neck Pain Sufferer Needs To Know*

NYC Pain MD is a medical clinic with two locations in New York City that has made a name for itself by treating the worst cases of back or neck pain.

Here is what every back and neck pain sufferer who has failed to respond to other treatments and does not want surgery should know about one of the best treatment options available today for severe back and neck pain including when, why and where you should consider this treatment to get maximum results.

If you suffer with back, neck or nerve pain, you have probably already tried *many* treatments ... especially countless pain medications.

Experienced doctors understand that even though pain medications such as anti-inflammatory pain pills are part of the recommended early treatment plan for back pain... they are rarely the answer.

In most cases they have minimal, short term results (if any) and have a laundry list of potential side effects. Some being serious and even life threatening.

Are there any better options?

Thankfully, advancements in science and technology come extremely fast. And now there is very good option to help relieve the pain.

An option that a lot of back and neck pain sufferers may have never heard of before.

Before we get into these

treatments, please understand this...

NYC Pain MD is a REAL medical clinic that has treated the worst cases of back pain. Patients travel from all over to be treated at one of their clinics for all sorts of joint and muscle pain because they want the best medical treatments available.

What you are about to discover is a REAL medical treatment. Not some miracle cure you see on infomercials or on the internet.

Know this fact: There is no one treatment that will help every case of back pain. And we cannot guarantee this treatment will work for you. But this treatment has already helped countless back and neck pain sufferers who had given up hope. I bet many just like you.

What is this treatment? It's called...

Radiofrequency Neurotomy "Radiofrequency Neurotomy" is often referred to as RF for short. Just what is "RF".

RF is a procedure that is based on the concept that blocking the nerve supply to the painful area may alleviate pain and restore function.

There are many nerves around your spine and one of their jobs is to sense PAIN.

Radiofrequency waves are delivered to these nerves under advanced imaging to "block" the nerves and slow down the pain

Two procedures are performed. First, a test, diagnostic "Block" procedure is done to determine if the procedure is going to decrease

pain and improve function.

If this first "test" procedure is successful, the Radio Frequency Neurotomy is scheduled and performed for longer term relief.

What Results Can You Expect?

Like all real medical procedures... results vary for individual patients. No good and ethical doctor would guarantee any exact results for any procedure... that's just not how things work and it would be less than honest.

That's being said, it is not uncommon for patients to get complete, if not significant relief of their pain shortly after the treatment.

How Long Do The Results Last?

This procedure "impairs" the nerves pain signals... it does not destroy them. Therefore, the results are safe but not completely permanent. But, many patients get relief for 6 months... 12 months.... 18 months for some even longer. The great news is - another procedure can be safely preformed for more relief if necessary.

While we cannot claim this is a complete "permanent cure" . . . it can be a godsend for so many who were in constant pain.

Really... what would it be worth if you could get out of pain for long enough so you could start enjoying your everyday life again?

Would it be worth it to be

able to finally get a good night's sleep again?

How about being able to go for a simple walk or just do your basic daily chores without worrying about so much pain?

Is It Safe?

Yes. This procedure has been done countless times and continues to have an excellent safety record. It is minimally invasive and *is not surgical*.

Who Should Try This Treatment?

RF should be considered after other treatments, such as anti-inflammatory pain medication and physical therapy do not offer good enough results.

RF has also been found effective AFTER back surgery when patient's still feel pain.

The pain after a failed back surgery can be debilitating for some and this procedure may be the only thing that helps give you relief.

What To Do Next If You Are In Pain And The "X" Factor

Here is the "X" factor many do not consider that might be the difference between you getting the best possible treatment or not.

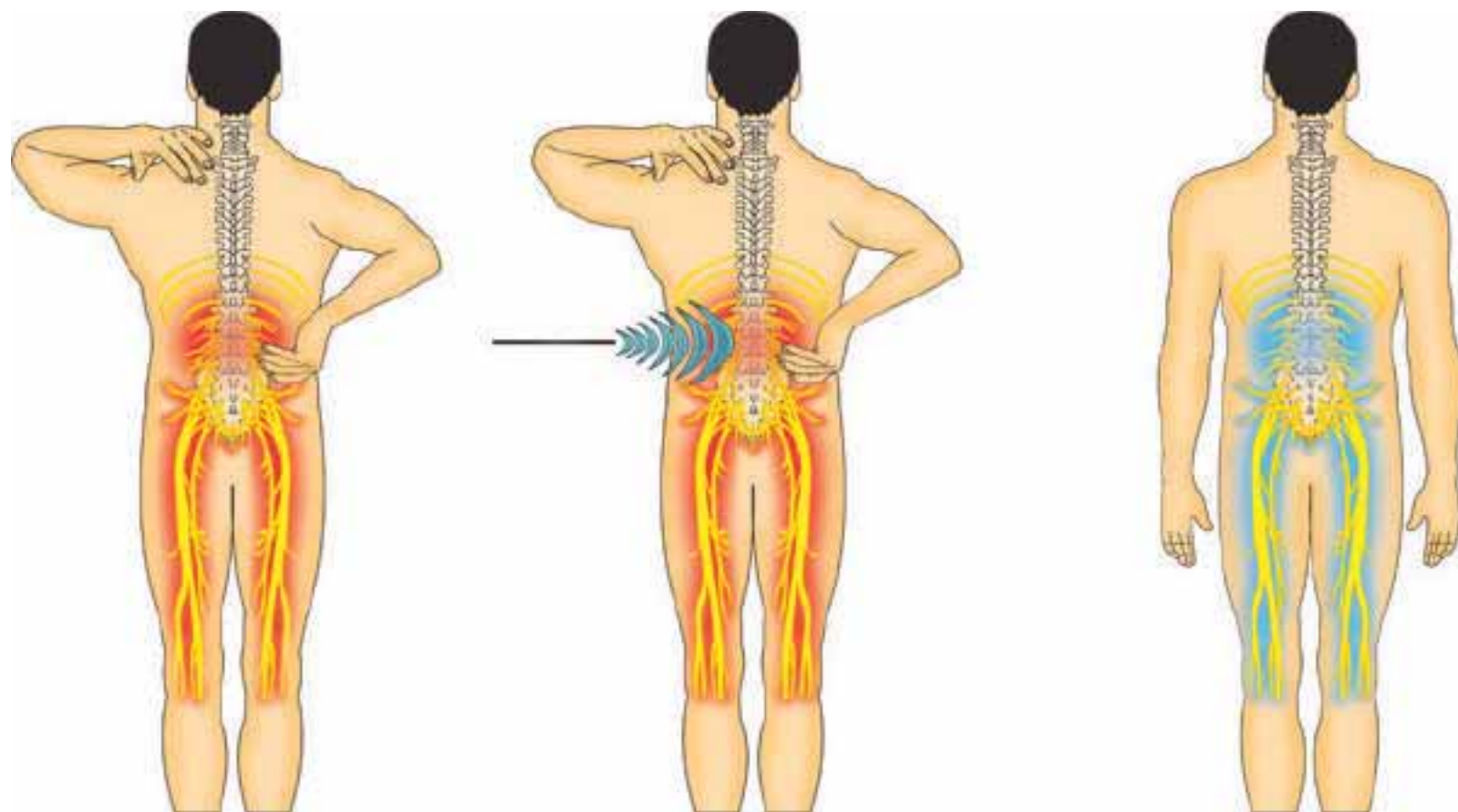
Many experts suggest choosing a medical clinic that offers all these treatments and has the proper, most advanced technology all under one roof without the need for a surgical center or hospital.

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Science rescues back & neck pain sufferers?: Radio Frequency Waves are used to block the nerve supply to the painful area and may alleviate pain and restore function to many

NYC Pain MD's method allows you to avoid expensive hospital or out patient surgery-center facility fees which often run 3 to 4 times the cost of the procedure itself. And you don't have to go through the huge stress and time consuming process of going all over the city to outside centers. All the *NYC Pain MD* treatments can be done in our in-office procedure suites saving you stress, time and dollars. *NYC Pain MD* believes this

additional "X" factor is one of the reasons so many back pain sufferers travel from all over to be treated at their advanced medical center.

Your Invitation

NYC Pain MD offers limited number of complimentary back and neck pain screenings every month. These screenings are a way for pain sufferers to get some of their questions answered and see if they are candidate for one of the cutting-

edge treatments offered at *NYC Pain MD*. If you would like complimentary screening, just call 877-503-8540 and tell the scheduling co-ordinator who answers the phone, "I would like a complimentary back pain screening."

The screenings fill up fast every month. If you do not call in time to get one this month, the expert will schedule you for next month.

This screening is at no cost and

no obligation.

Many of the treatments offered are covered by many insurance plans and traditional medicare.

Call 877-503-8540 for your free screening and find out if you can get out of pain today

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Mazel, or whatevs.
ALL PHOTOS GETTY IMAGES

Dakota and Chris are official

Dakota Johnson — the poor soul that somehow makes the “50 Shades” series even slightly watchable — is apparently dating Chris Martin. I know, right?!

“Dakota and Chris are definitely dating,” a source tells Us Weekly. “They’ve gotten to know each other really well and are very comfortable from one another. Chris sends Dakota his music to get her opinion. It’s more than just a fling.” OK!

Also serious? They went to a Nick Cave concert in Israel last month. You don’t just go to Israel for a Nick Cave concert with anyone.

Johnson was most recently linked to Jon Hamm which, get it girl. Martin — who is most famous for that one Coldplay song and being married to Gwyneth Paltrow — has dated Jennifer Lawrence and Anna-belle Wallis.

They certainly both have a type.

the word

Dwayne Johnson has fathered another child



Can you smell what the Rock is cookin'? A bun! In his girlfriend's oven!

Dwayne Johnson — aka the Rock, aka our future president — is expecting a second child (a girl!) with his longtime girlfriend, Lauren Hashian. Cute!

The “Jumanji” actor took to Instagram, of course, to announce the news with a picture of their daughter, Jasmine Lia.

“Our Jasmine Lia would like to make a big announcement - IT’S A GIRL!” he wrote. “[Lauren] I are boundlessly grateful for this blessing as this spring we’ll welcome our second baby. Plus, Jazzy is excited to boss around and

protect her lil’ sis. And once again, big daddy is completely surrounded by beautiful estrogen and loving, powerful female mana. All girls. One dude. And a boy dog. I wouldn’t have it any other way.”

Johnson, 45, also shares a 16-year-old daughter, Simone Garcia Johnson, with ex-wife Dany Garcia.

Johnson and Hashian are just another brave, rich couple who have tasked themselves with bringing another child into our increasingly tumultuous world. I commend their gumption.

Gwen Stefani’s sweet desperation

Gwen Stefani and Blake Shelton are a couple who are seemingly desperate to prove that their affection for each other is unscripted and not part of an airtight PR contract. Today, Stefani would like to convince you that the two “Don’t Speak,” just like the No Doubt song. It is an unconvincing effort.

The 48-year-old opened up about her relationship with the 41-year-old country star — who, for some reason, was named People’s Sexiest Man Alive even though Kirk Douglas is still alive

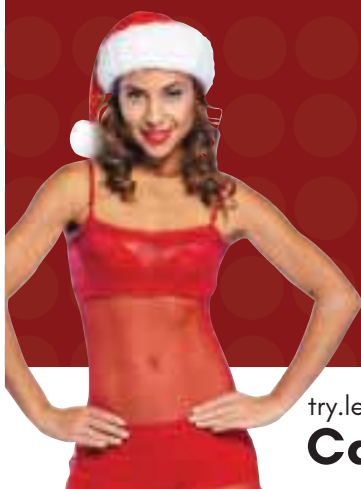
and literally just turned 101 — and she says that their life together is just like a musical.

“We’re like we’re in a musical constantly and we just sing,” Stefani told Giada de Laurentiis on Williams Sonoma’s Facebook Live. “We actually don’t talk to each other, we just sing, like a musical, and everything we sing is, like, ‘I love you.’ Like it’s pretty much the whole time like how great we are.”

Hmm, I don’t know. This relationship feels like fiction, but so does the whole world right now. So, um, good luck to these two?



These two thirst-bots still appear to be parched.



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Guy Ritchie's 'Aladdin' will be muscular, very cool

The film's composers, Justin Paul and Benj Pasek, promise that the live-action take of the Disney classic will be "a fun meeting of two worlds."

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@MetroNewYork
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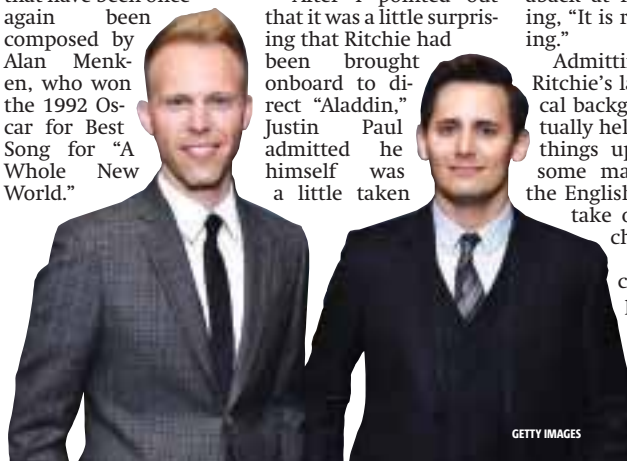
Guy Ritchie has spent his career working in the crime, comedy and gangster genres, overseeing the likes of "Lock, Stock And Two Smoking Barrels," "Sherlock Holmes" and, more recently "The

Man From U.N.C.L.E.," and "King Arthur: Legend of The Sword."

So naturally, most moviegoers were more than a little shocked when news broke that Ritchie would be directing the live-action take on the 1992's Disney classic "Aladdin."

When I sat down with composers Justin Paul and Benj Pasek to talk about their work on "The Greatest Showman," I also decided to quiz them on collaborating with Ritchie on the upcoming remake. The duo are writing lyrics for new "Aladdin" songs

that have been once again been composed by Alan Menken, who won the 1992 Oscar for Best Song for "A Whole New World."



After I pointed out that it was a little surprising that Ritchie had been brought onboard to direct "Aladdin," Justin Paul admitted he himself was a little taken

aback at first, responding, "It is really interesting."

Admitting that Ritchie's lack of a musical background has actually helped to "shake things up," Paul gave some major hints on the English filmmaker's take on the classic character.

"He doesn't come from a place of a big deep background in musicals," Paul explained.

"His take on 'Aladdin' is very muscular and action-packed, and that's a very cool energy and point of view to bring into the mix. I think hopefully it is a fun meeting of two worlds."

"Guy Ritchie is a great storyteller," Pasek added. "He really understands music, so it totally makes sense," before Justin Paul chimed in with, "Rhythmically there is always a current to his films, too."

We'll get to see if the pair are right when "Aladdin" is released on May 24, 2019.



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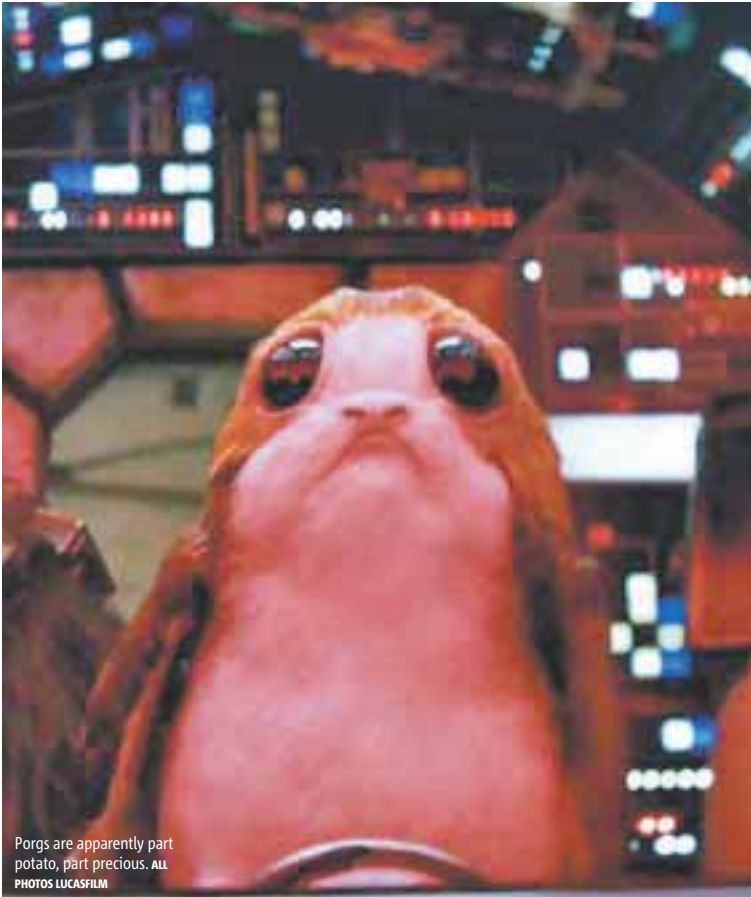
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Meet the Porg, the latest creature to join the cast of 'Star Wars'

Metro spoke to Neal Scanlan, Lucasfilm's "Creature Creator," about the development of the adorable doe-eyed critters.

actly how they came to be.

It turns out that we have director Rian Johnson to thank for the animals, as he was the first to insist that they'd populate the planet of Ahch-To, the home to the lonesome Luke Skywalker at the end of "The Force Awakens."

"The amazing thing about Rian as a director is that the first time we met he had the entire movie in his head," said Scanlan. "We could sit down and ask, 'What about this sequence?' And he'd be able to describe it very clearly."

"So he said to us, 'The place where Luke is, there happens to be these little characters called Porgs.' So we were like, 'Oh my gosh! They have a name already.' When you close your eyes and say the name, it suggests something. 'Porg' is a great name."

Johnson went on to describe them to Scanlan

as "sort of a cross between a puffin, a seal and a pug dog. With that information, we effectively just sketched away and played for several weeks."

The breakthrough came courtesy of a vegetable, though. "One day one of the guys came up with this drawing that looked like an oval potato, with little legs and big eyes," and the Porg was born.

Simplicity like this is key to creature design.

"It was in the tradition of being a 'Star Wars' character," he shared. "You think of BB-8 [the R2-D2-adjacent character introduced in 'The Force Awakens' two years ago], there's a clear silhouette to BB-8. Any child can draw it."

And audiences will get their formal introduction to the feathery potatoes when "The Last Jedi" drops in theaters on Dec. 15.

GREGORY WAKEMAN
@MetroNewYork
gregory.wakeman@metro.us

The ever-increasing size of the hugely passionate Porg Nation is the only proof you need of just how popular the tiny creatures known as Porgs already are.

Which is particularly incredible because "Star Wars: The Last Jedi" isn't even out yet, so we've only briefly been able to meet them through film trailers. So for a bit more context, we sat down with Neal Scanlan, the genius behind so many beloved "Star Wars" extraterrestrials, and he broke down ex-



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A whole week of 'Star Wars' fun

Make the excitement of "The Last Jedi" last all week at these themed events.



EVA KIS
@thisiskis
eva.kis@metro.us

You don't need to be Force-sensitive to know there's a great disturbance coming to movie theaters this weekend.

"Star Wars Episode VIII: The Last Jedi" drops Dec. 15, and because two years is a lot of waiting, you're probably pretty psyched to talk all things porg, Luke Skywalker and whether Rey and Kylo Ren are the next incestuous couple we'll root for anyway.

Looking to make the excitement last a little longer? We've got your guide to Star Wars events to make the hype last.

"The Force Awakens" back on the big screen

If you've got Jedi-level endurance, take in a double feature of "The Force Awakens" followed immediately by "The Last Jedi" at participating AMC Theaters. In New York, the "Star Wars" double feature will be showing at Kips Bay, Empire 25 in Times Square and 84th Street. Dec. 14, 3 p.m., \$40, amc-theatres.com



The wait for "The Force Awakens" ends Dec. 15.
DISNEY

Luke, I Am Your Lobster

You don't need to be Darth Vader's son to score free food, just someone who shares a name with him. Luke's Lobster is giving away lobster rolls Friday to anyone whose first or middle name is Luke or Lucas. No Jedi mind tricks — and bring your ID. Dec. 15, 11 a.m.-11 p.m., various locations, lukeslobster.com

Amazing "Star Wars" Scavenger Hunt

It would be nice to have the Force to help you, but this scavenger hunt by Fever Up is perfectly

doable without mind-reading or telekinesis. Get a worthy team together — light side or dark, no judgment — to "fight off the Empire and travel to distant galaxies" in a physical and mental competition for some sweet swag. Dec. 16, 1:30 p.m., \$39 per person, meet at Slattery's Midtown Pub, 8 E. 36th St., feverup.com/m/61271

Dark Side Bar

Imperials need to blow off some steam after consistently failing to conquer the galaxy. At the Dark Side Bar pop-up in SoHo, you'll find a black-and-red lounge for dancing, trivia,

burlesque and general intergalactic mischief, with Darth Vader on the DJ decks and six Force-imbued cocktails. *Through* Jan. 14, \$33 advance, \$40 door (both include two cocktails), 201 Lafayette St., thedarksidebar.com

"Star Wars" Holiday Party

Thank the maker, there's a holiday party for "Star Wars" fans. Geek Girl Brunch invites everyone (who survives the new film, anyway) to toast "The Last Jedi" and all

the comics, spinoff films, television shows and more adventures to come in the franchise at their annual holiday party, including a raffle for prizes. Tickets are pay-what-you-wish, but consider that proceeds benefit Star Wars Force for Change. Must be 21+, Dec. 16, 7 p.m., Dewey's Pub, 135 W. 30th St., ggb-nyc.ticketleap.com

Classic "Star Wars" Trivia

Yes, the new movies are shiny, but could a wampa whomp you in "Star Wars" history? Check your knowledge of "A New Hope," "Empire Strikes Back" and "Return of the Jedi" at this classic "Star Wars" trivia night. Come alone or get paired up with some fellow fans and go five rounds on quotes and questions for prizes. Wookiees, be cool. Dec. 19, 6:30 p.m., \$20, Bryant Park Lounge at the Marriott, 1033 Sixth Ave., thirdfloor.eventbrite.com

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Gift your conscience

The Social Justice Holiday Market is your new source for woke gifts to support the resistance.



EVA KIS
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eva.kis@metro.us

If you're ready to start political conversations around your holiday table and wear your resistance with pride, there's a new holiday market for you.

Declare your allegiance while supporting marginalized creators at the first-ever Social Justice Holiday Market, taking place this Saturday, Dec. 16, from noon to 5 p.m. at Mayday Space, 176 St. Nicholas Ave. in Bushwick.

Over 50 small local independent vendors, most of them people of color,

queer, female and/or immigrant, will take part in the Brooklyn market. You'll find woke gifts like gender-affirming jewelry by Black Queer Magic, embroidered denim featuring Palestinian motifs from Brooklyn Bowtie Factory, Handmaid's Tale ornaments by Woke and Bespoke and many more.

There will also be a photobooth for portraits, music by DJ Sabine Blaizin, hot cider and more treats.



Get the gift of free bacon

Forget the train to the North Pole — this winter, you're taking The Bacon Express to Midtown.

Applegate, the organic meat brand, has been on a big bacon road trip along the East Coast, and on Dec. 14-15 its food truck makes the last stop at Radio City Music Hall.

Everything aboard The Bacon Express is free, with a menu of four holiday-inspired bacon specialties created by "The Farm" cookbook author Ian Knauer: a bacon fat-infused hot chocolate, bacon brownies, bacon chocolate chip

cookies and cinnamon-toasted bacon. (If you're looking to add these to your holiday table, all the recipes are available online.)

The truck will be "bacon spirits bright" in front of Radio City (1260 Sixth Ave.) from noon to 5 p.m., open to the public.

As a partner in the annual "Christmas Spectacular Starring the Radio City Rockettes," concession stands inside the venue will be serving Applegate's hot dogs. Probably best they didn't try to put a seasonal spin on those. **EVA KIS**



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10 Xmas tree alternatives for Yuletide rebels

home

Christmas trees; who needs 'em? Whomever you blame for the arbitrary tradition of propping up dead trees in our homes, like the deranged plant version of "Weekend at Bernie's" — was it the Pagans? Christians? Germans? Vikings? — as adults, there's really no need to carry on the environmentally destructive pastime. Behold, 10 Christmas tree alternatives that will get you out of your holiday rut and give you a new reason for the season. **KATE MOONEY**

Christmas cactus

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Stickmas!

The dogs will love this one.

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Family (photo) tree

Family is what the holidays are all about, allegedly.

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Please include a self-addressed envelope. No Broker or application fee.



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\$35,467.60 - \$61,120

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Yanks send Headley back to Padres

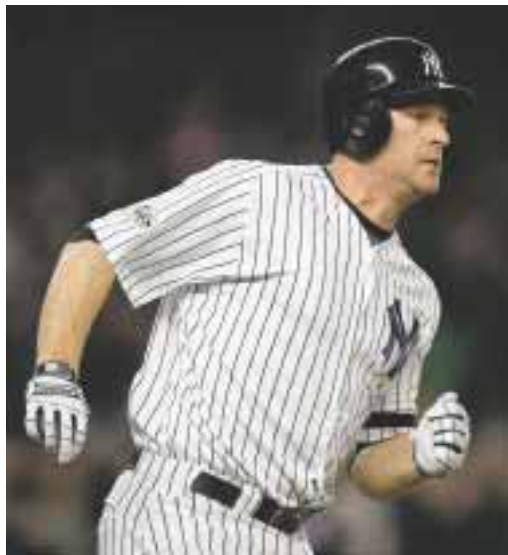
The Bombers dealt what could have been their starting third baseman in 2018.



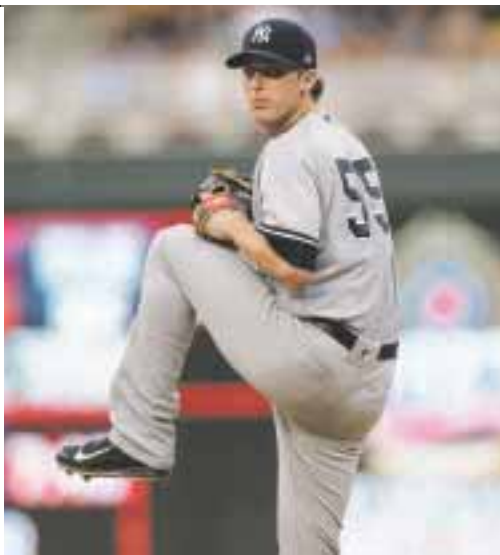
JOE PANTORNO
@JoePantorno
joseph.pantorno@metro.us

Tuesday morning saw the New York Yankees trade third baseman Chase Headley and pitcher Bryan Mitchell to the San Diego Padres in return for outfielder Jabari Blash, a 28-year-old outfielder that has played in just 99 career major-league games.

It looks as though this deal was nothing more than a salary dump for the Yankees, considering Headley was owed \$13 million in 2018. Including the arm of Mitchell could have coaxed the Padres into taking Headley back after he played with the team from 2007-2014.



The Yankees dealt veteran third baseman Chase Headley and developing pitcher Bryan Mitchell to the Padres on Tuesday in an attempt to dump salary. GETTY IMAGES



The 33-year-old spent three-plus seasons with the Yankees, putting together his best campaign in 2017, batting .273 with 12 home runs and 61 RBI.

Mitchell is just 26 years old and has shown the promise of developing into a decent middle-of-the-rotation starter.

Granted, he regressed

last season when he was used mostly as a reliever, posting a 5.79 ERA in 32.2 innings pitched.

But moving to the National League could only

help his case of that happening.

Headley though was slated to be the Yankees' starting third baseman next season, but

the team's somewhat unexpected acquisition of Giancarlo Stanton from the Miami Marlins brought on an enormous contract that drastically raised the team's payroll.

There are options at the position despite Headley's departure. Miguel Andujar, the team's No. 5 prospect last season, is not far away from making the jump to the majors. But if the 22-year-old still needs some time to develop, the Yankees could attempt to bring Todd Frazier back on the cheap.

It was clear that Frazier loved being a Yankee, having grown up rooting for them as a child. He also was a glue guy in the clubhouse and an emotional leader during the team's run to the ALCS this fall. But a season after making \$12 million, it would be difficult to assume that he'd be willing to take a drastic hometown discount.

Starting pitching on Pinstripes' radar

Things are certainly peachy in the Bronx after Giancarlo Stanton was officially introduced as a member of the New York Yankees on Monday. But with the MLB Winter Meetings in full swing, the Yankees are not just resting on their laurels on the heels of a mammoth trade.

There are still glaring needs that need to be addressed.

One of them is the starting rotation, a unit that could use an injection of depth and some more young talent considering the state it's in right now.

Luis Severino is the undisputed ace after his coming-out party in 2017. The 23-year-old went 14-6 with a 2.98 ERA while garnering his first-ever All-Star appearance. He also finished third in the American League Cy Young Award voting.

Masahiro Tanaka was able to find his stuff despite an inconsistent 2017 season and the acquisition of Sonny Gray at the trade deadline got the Yankees



Because he is left-handed, starting pitcher Patrick Corbin is garnering plenty of interest on the trade market. GETTY IMAGES

a left-handed top-end arm that could support Severino.

But CC Sabathia is in danger of leaving in free agency as he is being pursued by the Los Angeles Angels, and the team just dealt Bryan Mitchell, along

with Chase Headley, to the San Diego Padres for right fielder Jabari Blash. The 26-year-old Mitchell was viewed as a contender for the No. 5 spot in the rotation.

The Yankees do have Jordan Montgomery, who performed admirably

during his rookie season, going 9-7 with a 3.88 ERA in 29 starts, but the team has set its sights on some larger targets.

According to Bob Nightengale of USA Today, the Yankees are in the market for a

young starter and the two names that have emerged in early talks are Detroit Tigers ace Michael Fulmer and Patrick Corbin of the Arizona Diamondbacks.

Fulmer, a former Mets prospect who was dealt to Detroit for Yoenis Cespedes, won the 2016 AL Rookie of the Year and made his first All-Star Game last season. Over his first two years in the majors, the 24-year-old is 21-19 with a 3.45 ERA on a Tigers team that is in full rebuild mode.

Corbin provides a more veteran option, though he is just 28 years old. However, he has been more inconsistent during his five-year career with a 47-49 career record.

He had one of his better seasons in 2017 on an up-and-coming Diamondbacks squad, going 14-13 with a 4.03 ERA. Granted, if he were not left-handed, the Yankees interest in him might not be as strong. But they have to get another lefty

in that rotation, should Montgomery be included, now that Mitchell is gone and Sabathia could be next.

JOE PANTORNO



Michael Fulmer GETTY IMAGES

METS SHOULD GO AFTER MACHADO

With free agency looming after the 2018 season, the Baltimore Orioles have put star third baseman Manny Machado on the trade market and are reaching out to interested parties, asking them to make offers for the 25-year-old.

It's unlikely that Machado will re-sign with Baltimore when the team's control over him expires, which is why he has become available. However, it's still shocking to see considering this is one of the best third basemen in baseball. Over the past three seasons, he is averaging 35 home runs and 92 RBI while continuing to show his defensive prowess in the field.

In return, the Orioles are looking to get a pair of young pitchers. However, one year of team control for whoever trades for Machado could knock down the asking price to just one arm.

It has also become known that Machado

OPINION

JOE PANTORNO
@JoePantorno

wants to move from third base to shortstop.

Enter the New York Mets ... or at least this should be their cue to enter.

Just as much as they need a healthy pitching rotation, the Mets need another big bat to support Yoenis Cespedes and Michael Conforto, who ran into injury problems of their own in 2017.

Last season saw the Mets offense average 4.54 runs per game, which came in below the league average and put further pressure on a depleted pitching staff.

They also need help on the left side of the infield. With David Wright's career in jeopardy due to a slew of debilitating injuries, Asdrubal Cabrera,



If the Mets want to contend, they'll go after Manny Machado. GETTY IMAGES

normally a shortstop turned second and third baseman, is slated to take over the hot corner while second base remains a question mark.

Wilmer Flores is the leading candidate for the position, but he is not an everyday player. Ideally, he should be used as a utility infielder that can eat up left-handers.

The one position that seems set is shortstop,

and Jacob de Grom on the table and say, "take your pick."

The Orioles have already been linked to Matt Harvey, but it would obviously take much more than that to attain a talent like Machado. So the Mets would have to part with additional assets in order to do so. It just can't be too much because they would be gambling on the fact that Machado would actually want to stay in Queens after becoming a free agent next winter.

A competitive team in New York could sway Machado into staying, even if it meant he'd have to remain at third base. This city contracted Mets fever in 2015 on their way to the National League pennant.

Machado's addition to the Mets lineup immediately makes them a contender at least in the NL East. Depending on the health of their pitching, that contention status could be aimed toward

higher objectives.

For a player that has appeared in just seven postseason games in his career, the prospect of making regular playoff appearances could coax him into staying.

And if it comes down to him playing shortstop, the Mets could attempt to move Rosario to second considering that the youngster is not the most sterling fielder at the position. Using his stats from his short MLB debut in 2017, Rosario has a 162-game average of committing 21.6 errors, which would have been second-most in the majors among shortstops last year.

Granted, this all comes down to Alderson and ownership's willingness to make a splash, which historically, they don't necessarily like to do. So Mets fans will most likely be relegated to dreaming "what if" instead of seeing a big-market franchise act like one.



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PUBLIC NOTICE FACT SHEET

The New York State Department of Environmental Conservation (DEC) has received a Brownfield Cleanup Program (BCP) application and Draft Remedial Investigation Work Plan from 34 Berry Street LLC for a site known as West 34 Berry Street, site ID #C22468. This site is located in the Borough of Brooklyn, within the County of Kings, and is located at 34 Berry Street.

Comments regarding the application must be submitted no later than January 12, 2017. A copy of the application, Draft Remedial Investigation Work Plan and other relevant documents are available at the document repositories located at New York Public Library - Williamsburg Branch, 240 Division Avenue, Brooklyn, 11211 and Brooklyn Community Board District 1, 435 Graham Avenue, Brooklyn, 11211.

Information regarding the site and how to submit comments can be found at <http://www.dec.ny.gov/chemical/60058.html> or send comments to Shaun Boilers, Project Manager, NYSDEC-Region 2, 47-40 21st Street, Long Island City, NY 11101; shaun.boilers@dec.ny.gov; or call 718482-4096.

To have information such as this notice sent right to your email, sign up with county email listservs available at www.dec.ny.gov/chemical/61092.html.

LEGAL NOTICES

NOTICE OF FORMATION of Lucrative Debt Relief, LLC. Articles of Org. filed with the Secy. of State of New York (SSNY) on 11/03/2014. Office location: New York County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to the LLC c/o PO Box 191, New York, NY 10027. Purpose: Any lawful activity.

NOTICE IS HEREBY GIVEN that a license, Number 1305982, for Liquor, Wine & Beer has been applied for by the undersigned to sell Liquor, Wine & Beer at retail in a Restaurant under the Alcoholic Beverage Control Law at 109-10 Liberty Ave., Richmond Hill, NY 11419, Queens County, for on premises consumption. Erie Group Inc. d/b/a New Chinese Garden of Guyana Restaurant.

NOTICE IS HEREBY GIVEN that a license, Number 1305597, for On Premise Liquor has been applied for by the undersigned to sell Liquor, Wine & Beer at retail in a Restaurant under the Alcoholic Beverage Control Law at 30-12 Astoria Blvd, Astoria, NY 11102, Queens County, for on premises consumption. Kitchen 44 Corp. d/b/a Chick-n-Soup.

LEGAL NOTICES

NOTICE IS HEREBY GIVEN that a license, No. 1304945, for Beer, Wine & Liquor has been applied for by the undersigned to sell Beer, Wine & Liquor at retail in a Restaurant & Bar under the Alcoholic Beverage Control Law at 41 Wilson Ave., Brooklyn, NY 11237, for on premises consumption. Mexcalli and Yours Sincerely LLC.

NOTICE IS HEREBY GIVEN that a license, No. 1306468, for Beer, Wine & Liquor has been applied for by the undersigned to sell Beer, Wine & Liquor at retail in a Restaurant under the Alcoholic Beverage Control Law at 315 Smith St., Brooklyn, NY 11231, for on premises consumption. JLDK LLC.

NOTICE IS HEREBY GIVEN that a license, No. 1306440, for Beer, Wine & Liquor has been applied for by the undersigned to sell Beer, Wine & Liquor at retail in a Gastropub under the Alcoholic Beverage Control Law at 647 Grand Ave., Brooklyn, NY 11211, for on premises consumption. Graham Electric LLC.

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17 Blockheads
18 Fiddling despot
19 Similar
20 Lb. or tsp.
21 Dads, to granddads
23 Rip off
25 Cosmetic purchase
27 Student
28 Kept out of sight
29 Rascal
30 Drive away
33 Listen in
37 Tool handle wood
38 Brinks
39 Gator Bowl st.
40 Of more importance
43 Dizzy
45 Lounges idly
46 -- -Magnon man
47 Elastic
50 Wife-to-be
54 Shrink back in fear
55 Tax
56 Prow projection
57 Female relative
58 Fracas

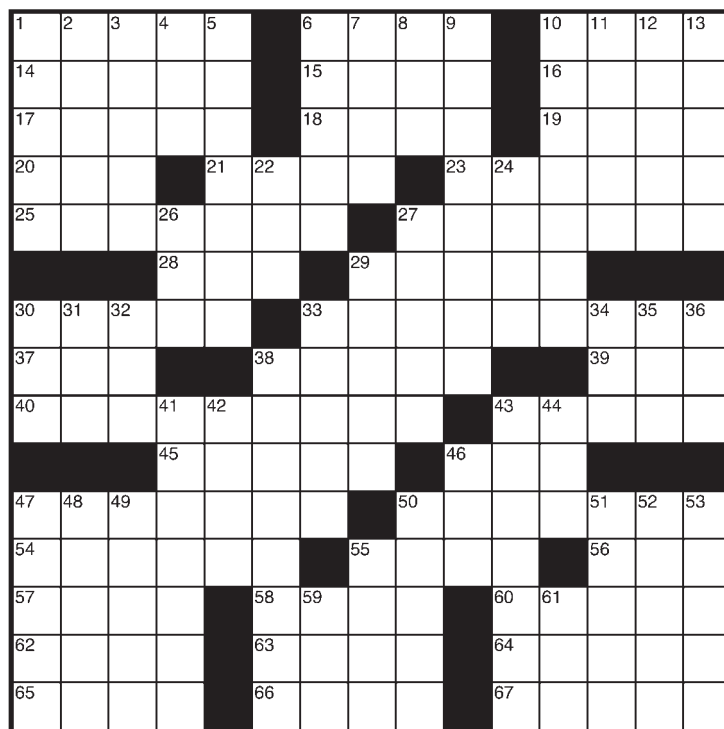
- 60 Please greatly
62 Consumer gds.
63 Guitarist -- Clapton
64 Break off
65 Nursery buy
66 Pageant wear
67 Smaller than small

Down

- 1 Lady's title
2 Olfactory stimulus
3 Druids
4 Emmet
5 Holiday quaff
6 Huge flower
7 Seasons
8 Blemish the finish of
9 Mentors' concern
10 Presided
11 Bucket of song
12 Martini extra
13 Copier need

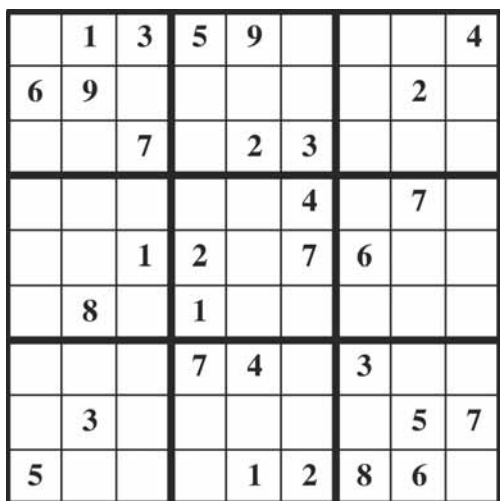
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43 Cloudiest
44 Ca++ or Na+
46 LII twice
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48 Goody-goody
49 Salon offering
50 Bring
51 Hunger for
52 Gnawed away
53 Abrasive mineral
55 Daily Planet name
59 Keogh relative
61 Film director Spike --

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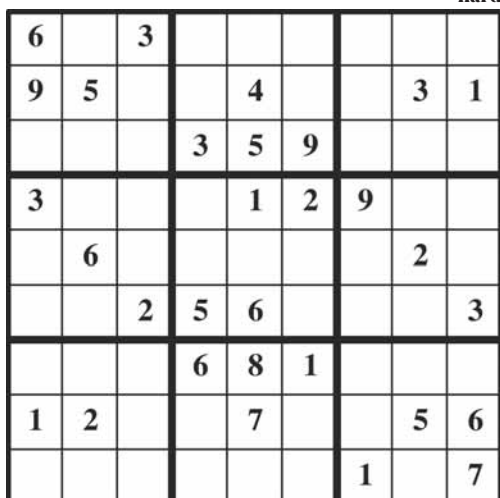


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easy



hard



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Aries Make a point to get along with your peers or chat with people who can influence your future. Taking business trips or making arrangements to visit friends is favored.



Taurus Partnerships look inviting. Whether it's a personal or professional alliance, your efforts to develop opportunity and bolster your future look promising.



Gemini Someone will tempt you by using emotional tactics or making unexpected, too-good-to-be-true offers. Be suspicious if something sounds too easy or unrealistic.



Cancer Attending networking events will be in your best interest. If you have your ideas ready to present, you will spark the interest of someone intrigued by what you have to offer.



Leo Tension will mount at home or when dealing with partners if you aren't careful. Look for alternative ways to please the people you love without going broke.



Virgo Taking short trips, shopping for bargains or getting together with friends or relatives will be productive. Your insight will help you overcome a growing problem.



Libra You'll have some great ideas that will be sure to please someone you love. Gather information that will help you make a personal change leading to greater stability.



Scorpio You can get things done quickly if you are secretive. Home improvement projects look promising. A surprise you have for someone should be handled with care.



Sagittarius Get involved in something that is not only fun, but will also bring you in contact with people who can help you head in the direction you want to pursue.



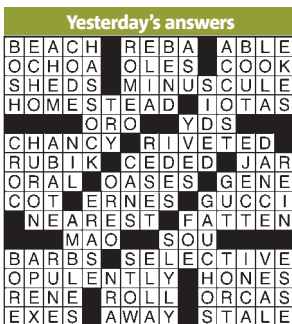
Capricorn Lend a helping hand if it will bring about positive change. Your gesture will make a difference. Channel your emotional energy into something worthwhile.



Aquarius Stick to what you know and do well. Offer help, but don't make promises that will be hard to deliver. Don't be tempted by someone making unreasonable offers.



Pisces Be honest about your likes and dislikes. Don't settle for less when you deserve more. Look for alternative ways to get what you want. EUGENIA LAST



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